ROO PANES
QUIET MAN
• DELUXE EDITION •
A MESSAGE TO MYSELF • MY SWEET REFUGE • SKETCHES OF SUMMER • OPHELIA • A YEAR IN A GARDEN
MY NARROW ROAD • A GIFT TO YOU • CUB • QUIET MAN • WARRIOR • PEACE BE WITH YOU
BONUS LIVE TRACKS: OPHELIA • MY NARROW ROAD • YEAR IN A GARDEN • QUIET MAN • CORNER OF MY EYE • CUB • LITTLE GIANT
NEW TRACKS: COMMENTATOR • THINKING OF JAPAN • ALL THESE WALKING THOUGHTS • SOLDIER OF HOPE

A MESSAGE TO MYSELF

Going to get out of here,
So many voices fill this place,
Society is in my solitude,
Oh find me the corner of this great space.
If I'd heard every word,
If I'd read every line upon the shelf,
I'd still need a message to myself.

Been searching for the elements,
The roots of a fundamental love,
Been reaching out to find my solid ground,
Cos I've never known peace lest from above.
So up in the clear I'll find the voice that I hold dear,
And I'll send a message to myself.

MY SWEET REFUGE

I don't think you want grand gestures,
Just a simple faithful friend,
Someone who will walk it with you,
All the way to the end,
Someone who can live I love you,
Singing 'how I've come to know,
You're like the sun that gives the moon its glow!

Oh you're my, you are my, my sweet refuge.
Oh you're my, oh you are my, my sweet refuge,
And I know the wolves keep circling,
But we'll leave them chasing tails,
Cos you're my, oh you are my, my sweet refuge.

So I kiss farewell to drama,
My everything is you,
And after all the things that you've done,
Oh your love's been proved.
I'm not going back there,
No I have come to know,
You're like the sun that gives the moon its glow!

Oh you're my, you are my, my sweet refuge.
Oh you're my, oh you are my, my sweet refuge,
And I know the wolves keep circling,
But we'll leave them chasing tails,
Cos you're my, oh you are my, my sweet refuge.

I need you, I need you, I need you, I need you,
Lord everyday, I need you, I need you,
I need you, I need you.

Oh you're my, you are my, my sweet refuge.
Oh you're my, oh you are my, my sweet refuge,
And I know the wolves keep circling,
But I'll be safe with you,
Cos you're my, oh you are my, my sweet refuge.

SKETCHES OF SUMMER

Born in summers robes,
A child of June,
But how much brighter than before,
Yeah I am younger now since you.
Sat down on the train,
Between the cars,
While all the world was rushing past,
I felt I am because you are.

Like you were the theme tune, like I was about you.

It went, oh you're everything,
You're everything to me,
Oh you were summer time, were everything to me.

And the sweetest part of day is when you stay,
A little longer than you say,
And linger on in evenings way.

Oh to be closer
Oh to be closer.

oh you're everything,
You're everything to me,
oh you're everything,
You're everything to me.

OPHELIA

The fallen leaves made an amber sea,
Over which you floated like an autumn breeze,
A sapling soul in a sea of fire,
Oh I was afraid for my Ophelia.

But take heart my love,
Cos when I see you I see hope!
When I see you I see hope!
There's a world that needs what you've got to give.
Take heart my love,
Cos when I see you I see hope!
When I see you I see home!
There's a world that needs what you've got to give.

Do you really need all the things you want,
I would take you back there to where the river's from,
To where the garden's green with a forever love,
Singing you're somebody Heaven's dreaming of,

Take heart my love,
Cos when I see you I see hope!
When I see you I see hope!
There's a world that needs what you've got to give.
Take heart my love,
Cos when I see you I see hope!

When I see you I see home!
There's a world that needs what you've got to give.

I'd have you give like you can give,
I'd have love like you can love,
I'd have you live like you can live,
I'd have you be all you can be.

Take heart my love,
Cos when I see you I see hope!
When I see you I see hope!
There's a world that needs what you've got to give.
Take heart my love,
Cos when I see you I see hope!
When I see you I see home!
There's a world that needs what you've got to give.

A YEAR IN A GARDEN

I spent a year out in a garden,
To grow again, to learn my ground,
To feel your love turn every breath into a gift,
And every journey to a lesson in the end.

Saw things I'd heard of but never known,
Felt I was hunted by a glow,
And I found beauty lay beyond the veil of vanity,
Oh and it was on my doorstep all this time.

It shall be yet, it shall be yet,
there will be dancing on my streets,
Not long from now!
It shall be yet, It shall be yet,
oh I'm already off my feet!

Im singing, 'I will see you on the other side love,
and this will be my battle cry from now on.'

Oh so I will take you with me,
Yeah you're a part of my indoor scenery,
I took a dive and came up on the other side,
So alive, so alive, so alive.

It shall be yet, it shall be yet,
there will be dancing on my streets,
Not long from now!
It shall be yet, It shall be yet,
oh I'm already off my feet!

Im singing, 'I will see you on the other side love,
and this will be my battle cry from now on.'

Seems like things are looking up,
Oh feels like things are breaking through,
Oh and it's all because of you,
You're the reason!

'I will see you on the other side love,
and this will be my battle cry from now on.'

MY NARROW ROAD

Oh you're my narrow road,
But how I love you,
And everything you do.
Oh you're my narrow road,
But will you walk it with me,
All of the way to you.
Be my guiding light, be my view.

Look me in the eyes love,
Look me in the eyes love,
They're my narrow road back to you, to you, to you.

You say I'll see you in your ways,
That they're the lines, the contours,
The architecture of your face.
Oh miles travelled in your smile
Can feel like they are nothing,
Oh beauty in a desert place.
Seems your ways are narrow as an open space.

Look me in the eyes love,
Look me in the eyes love,
You're my narrow road,
You're my narrow road.

A GIFT TO YOU

You are the reason I'm alive,
You are the reason that I try,
You've been a warrior for me,
Because of your love I find I'm free,
Wearing a crown upon my head,
But truly you are the one whose bled,
Because of your selflessness I'm blessed,
Surely there's something I can do,
As a gift to you.

Well you are the value of my days,
All said and done and you remain,
Everything worth anything,
Blow the rest beyond the winds.
Oh to look you in the eyes,
Follow your golden way of life,
Stretching far beyond my sight,
The deeper I go the greater light.
A gift to you.

You didn't have to but you did,
I couldn't reach it but you could,
You only asked me to do good,
You have endured me and withstood,
Never wanted to break your heart,
Give me now a fresh new start,
After all you've given free,
I feel this song rise up in me.
It's a gift to you!
All I want to do is be a gift to you!

How I needed helping, how I needed your love.

A gift to you!

CUB

Don't let them paint you grey,
They're gonna see you're somebody,
somewhere, someday.
Don't ever let them take your playful heart away,
Oh you're somebody nobody could replicate,
Yeah I already know there's only one of you,
That the world is going to see another side of you,
And though the tide's been rising
since the pride of youth,
Oh I know that we're going to see you
laughing like you used to do,

Yeah from now, now, now, oh from now on,
We're going to find a new song,
It goes 'I knew you as a cub and
now you've grown into a lion'.

When I go back to the start,
You had lost a bit of rhythm in the beat of your heart,
You were like a queen of diamonds in
a tower of cards,
So easily blown over when the going got hard,

But the best thing about this love is we
don't see old smoke,
We only see the new fire,
We say, 'I knew you as a cub and now
you've grown into a lion',
Oh now, now, now oh from now on,
We're going to find a new song,
It goes, 'I knew you as a cub and now
you've grown into a lion'.

Oh they can laugh if they like,
Because this time you know you're right,
You can feel the whisper growing inside.

QUIET MAN

It's in your nature I am blessed,
It's in the cradle of your smile I rest.
I was in the grass upon my back,
on this I contemplated a smile upon my face.

And I knew that I was done with being clever,
Oh something simple told me I'd be happy here,
Spending all my heart on sweet forever,
Oh love I feel fearless when you're near.

I was not so long ago bound up in worry,
But I cannot seem to stop smiling of late,
And I always said to you that I'd be honest,
So I say grace has gifted me this happy state.

Singing 'oh wherever you go,
I'll be there beside you!'

You take me from the fighter's ring,
To be a quiet man, learn the art of listening.
Cos I heard too much of myself those days,
And I found I missed the parlance of your ways.

Well I'm going to keep my ears close to the ground,
And hear your voice above the stampede
trampling town,
Oh heaven knows that I am living on the sound,
Your voice the day the light came through the clouds,

Singing 'oh wherever you go,
I'll be there beside you!'

'Guess I'm trying to say I love you.
Guess I'm trying to say I need you,
Guess I'm trying to say I love you,
guess I'm saying I'll be alright.'

WARRIOR

Are you do ne yet, have you had enough?
No, you've got something in your blood.
They can kick you, they can beat you,
But your heart belongs to love.

Oh you're a warrior, you're a warrior.

I know from day one, It feels like everything's
Been trying to rob you of your innocence,
You've gotta hold on, don't let it go,
Oh it's the heart of life's magnificence.

Sing 'I'm a warrior, oh I'm a warrior!'

It's never going to happen,
They'll never bring you down,
You're walking in a victory,
Even in the darkest hour,
You used to hold it in,
But it's time to let it out,
All that joy that's hid within you,
Oh it's time to hear the sound.

Sing 'I'm a warrior, oh I'm a warrior!'

PEACE BE WITH YOU

Well, yes you hurt me,
But I'll teach you how to learn me,
It's time to put aside the pain,
Forgive and wash away the stains,
And love you with what time remains,
Anyway, who wants a truce of bruises.

So you're in my prayers,
Peace be with you, amen.

In grace he wrote forgiveness,
The one who never needs it,
So freely given I will give,
Cos the simple truth is we don't win,
We both lose in a truce of bruises.

Peace be with you, peace be with you,
peace be with you, peace be with you,
Amen.

LITTLE GIANT

Thought that I was in my prime,
But I was naked dressed in my pride.
You saw through the things I hide,
Yet still said be yourself you'll turn out all-right.

You made me run like I'd never run,
Try like I had never tried,
Fight like had never fought,
Made me want it.

I'm always saying I'll make it right my dear,
Cos losing you is my greatest fear.
I know I found all the blame this side,
But still you say be yourself you'll turn out all-right.

Who said it's easy to feel loved,
When you look over your shoulder,
And only see the wasteland,
You've just got to carry what you can,
Have the heart of a giant but know you're a man.
Start small, grow tall.

COMMENTATOR

All for the love of those eyes,
Would you take the long way back again?
Singing this is the life.
She was like the wind in your hair,
You couldn't hold her but she held you there,
Just like the freshest air.

Singing, can't we stay here middle of this feeling?
You had me dreaming, will you bring me back there?

Remember when I used to say
You never took your shoes off at the door,
You just muddied all My thoughts.
Well love, I just want you to know,
How I miss your running commentary,
Beside me is an empty seat.

You got me wondering all the things you're thinking,
Hoping you might just crash through the ceiling.

Well thank you for this whole surprise,
I have been alive, I have been alive.

The wonder of it all, no wonder I feel small.

THINKING OF JAPAN

Lately he's been thinking, thinking of Japan,
And every time he hears the word he feels like crying.
He's never even been there
But he's been close to you,
Close enough to feel somehow,
everything you're feeling now.

Thinking of Japan
Been thinking of Japan

The earliest memory of you,
The dancing shape that graced the view,
Against the backdrop of the bay,
The blue hills slipping through their shades.
It was just a photo, a simple photo of Kyoto,
I might go alone, thought you'd like to know.

Thinking of Japan. Been thinking of Japan.

I don't know how to pass the time
I don't know how to pass the time
I don't know how to pass the time
I don't know how to pass the time

Lately I've been thinking, thinking of Japan,
And every time I hear the word I feel like sighing

ALL THESE WALKING THOUGHTS

I feel like I'm on fire, don't say another word.
Seems the more exquisite love then the more exquisite hurt.
Oh I could live a lifetime trying to understand and learn.
But some things are too damn deep to make sense of girl.

Well I've learned the serpent sleeps where the gentle song bird sings,
That there's a blood red paradox at the bloody heart of things,
And all these walking thoughts, darling I can't shake them free,
I wish that they were you walking next to me.

Please please please would you follow me,
Please please please would you follow me down this street,
would you follow me please.

Well maybe I'm just proud
I never learned to turn around
And I know that table well,
It just devours it's devout,
But I'm already leaving,
Can you feel the irony,
You may have slipped the knife,
But I can be the end of me.

SOLDIER OF HOPE

There's been many reasons for a while to sit and cry,
But now I know they're coming to an end.
I've been fighting on the front lines,
A soldier for the good times,
Fighting for the freedom of my friends.

My hands have felt suppression,
A life of toil and blood,
My heart has heard the soul cries of the poor,
But now I'm coming home again,
And I'm never going away my friend,
I'm going to hold my head high evermore.

So I say, oh no don't cry, it's in your heart, so dry those eyes!
Keep holding on for your dear life, be a soldier of hope!

I hung up my emotions for a campaign of the heart,
But finally my heart has led me home,
I leave the brutal truth behind and follow with a lighter mind,
A man of hope and glory I've become.

So I say, oh no don't cry, it's in your heart, so dry those eyes!
Keep holding on for your dear life, be a soldier of hope!

ALL SONGS WRITTEN BY ROO PANES.

A&R: CHARLIE LARBY.

A MESSAGE TO MYSELF:
Roo Panes - Guitar, vocals, piano, glockenspiel, backing vocals, rhodes, trumpet.
Bassi Fox - Percussion, ambient synth.
William Stokes - Moog synth.
Joanne Clara Sy, Peteris Sokolovskis - Cello.
Elliot Corner - Viola.
Lucia D'Avanzo-Lewis, Mitch McGugan - Violin.

MY SWEET REFUGE:
Roo Panes - Piano, guitar, backing vocals, trumpet, harmonium, glockenspiel.
Bassi Fox - Percussion.
Thomas Hartley Boot - Bass, piano.
Bella McKendree - Backing vocals.
Mikey Sorbello - Drums.
George Millard - Bass Clarinet.
Joanne Clara Sy - Cello.

SKETCHES OF SUMMER:
Roo Panes - Guitar, Rhodes, glockenspiel, vocals, backing vocals.
Deborah Panes - Backing vocals.
Chris Bond - Piano, percussion.
Joanne Clara Sy, Peteris Sokolovskis - Cello.
Elliot Corner - Viola.
Grig Cuciuc, Ramona Racovicean - Violin.

OPHELIA:
Roo Panes - Guitars, vocals, backing vocals.
Deborah Panes, Tom Hartley Booth - Backing vocals.
Chris Bond - Guitar, double bass, drums and percussion.
Bear Bond - Hammond organ.
Joanne Clara Sy - Cello.
Georgina Harris - Viola.
Sam Glazebrook - Mandolin.
London Contemporary Voices: Anil Kamalagharan, Caitlin Sinclair,
Connor Roff, Hannah Jackson, Meg Ella - Backing vocals.

A YEAR IN A GARDEN:
Roo Panes - Guitars, vocals, backing vocals.
Deborah Panes, Thomas Hartley Booth - Backing vocals.
Joanne Clara Sy - Cello.
Georgina Harris - Viola.
Sam Glazebrook - Mandolin.
Chris Bond - Double bass, backing vocals, Percussion and drums.

MY NARROW ROAD:
Roo Panes - Electric guitar, vocals, harmonium.
Chris Bond - Ebow, electric guitar ambience, sub bass.
Peteris Sokolovskis - Cello.
Elliot Corner - Viola.
Grig Cuciuc, Ramona Racovicean - Violin.

A GIFT TO YOU:
Roo Panes - Guitar, vocal, backing vocals, rhodes.
Deborah Panes, Tom Hartley Booth - Backing vocals.
Chris Bond - Mandolele, sub bass, backing vocals, Nashville guitar, prophet organ.
Bear Bond - Hammond organ.

CUB:
Roo Panes - Guitars, piano, organ, vocals, backing vocals, sub bass.
Chris Bond - Drums and percussion, bass, electric guitar, synth.
Deborah Panes, Thomas Hartley Booth - Backing vocals.

QUIET MAN:
Roo Panes - Guitars, vocals, backing vocals, harmonium, mandolele, piano.
Chris Bond - Guitar, drums and percussion, double bass.
Deborah Panes - Backing vocal.
Tom Hartley Booth - Flute, guitar.
Bear Bond - Hammond organ.

WARRIOR:
Roo Panes - Vocals, trumpet, piano, backing vocals.
Chris Bond - Electric guitar, drums and percussion.
Bear bond - Hammond organ, e-bow.
Sam Glazebrook - Mandolin.
Peteris Sokolovskis - Cello.
Elliot Corner - Viola. Grig Cuciuc, Ramona
Racovicean - Violin.

PEACE BE WITH YOU:
Roo Panes - Vocals, electric guitar.
London Contemporary Voices: Anil Kamalagharan, Caitlin Sinclair,
Connor Roff, Hannah Jackson, Meg Ella - Backing vocals.

COMMENTATOR:
Roo Panes - Vocals, acoustic guitar.
Ruth O'Reilly - French horn.
Ellie Mason & Imogen Mason - Backing vocals.
Joe Harvey-Whyte - Pedal steel.

THINKING OF JAPAN:
Roo Panes - Vocals, acoustic guitars, piano.
Grig Cuciuc - Violin.

ALL THESE WALKING THOUGHTS:
Roo Panes - Vocals, guitars.
Josh Flowers - Drums.
Ruth O'Reilly - French horn.
Joe Harvey-Whyte - Pedal steel.

SOLDIER OF HOPE
Roo Panes - Guitar, backing vocals, vocals.

LIVE TRACKS:
Roo Panes - Vocals, Guitars
Samuel Glazebrook - Mandolin, backing vocals
Tom Hartley-Booth - Electric guitar, harmonium,
backing vocals
Sam Sharawi - Double bass
Matt Ingram - Drums
Deborah Panes - Backing vocals
Connor Roff, Hannah Jackson, Caitlin Sinclair,
Meg Ella - Backing vocals (London Contemporary Voices)
Grig Cuciuc - Violin
Elizabeth Boyce - Violin
Georgina Harris - Viola
Joanne Sy - Cello, backing vocals

All tour photography by Sam Glazebrook.
Album cover photo by Deborah Panes.
Art Direction and Design by Mark James.

I just want to say a big thank you to everybody for all of their hard work in getting this album together, it's been a team effort, and packed with memories!

Thank you to Charlie Larby and my team at CRC Music for facilitating this project and encouraging me throughout: Julie Thorp, Andre McDonald, you guys are troopers. Thank you to Chris Bond and Bear for all their brilliant help in the production of the album, and for pushing on through the snow and long hours. I'm very privileged to have worked with you guys. Thank you also to Bassi Fox and Sean Hatton for their production input, as well as the Boe Weaver chaps in the Isle of Wight for their help with mixing.

Thank you to all the wonderful musicians and friends who shared their talents on this record: Joanne Sy, Georgie Harris, Tom Hartley Booth, Deborah Panes and Sam Glazebrook, I can't wait to hear where your skills take you next!

Thanks for coming all the way down to the edge of Devon to take part.
Thanks to string arranger Huw White and his players for their beautiful input.
All of you have helped to make this album a possibility!
ROO

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ALL SONGS WRITTEN BY ROO PANES.

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